

Health Beat

Smart Medicine | For Our Patients | For Our Community



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**Fall/Winter
2009**

YOU CAN COUNT ON US



Welcome to the first issue of *Health Beat*, Maryland General Hospital's new community newsletter. For more than 100 years, one of our major goals has been helping

the people of our community lead healthier lives. We do this in many different ways—through free health screenings, partnerships with a variety of organizations in the community and more.

This newsletter is another way we're reaching out to provide you with the information you need to help your family members lead the healthiest lives they can. *Health Beat* is also a great way for people who don't know Maryland General to learn more about all we have to offer.

In this issue, you'll find useful tips on how you can help protect your family from the miseries of the seasonal flu and the 2009 H1N1 flu (previously known as swine flu).

We're also excited to share some big changes under way at the hospital. We're putting the finishing touches on a major expansion—the first in more than 20 years.

We hope you find the information in this newsletter valuable. We always welcome your comments and ideas and invite you to share your Maryland General stories with us.

Enjoy a safe and healthy holiday season.

Sylvia Smith Johnson
President and CEO,
Maryland General Hospital

HEALTH TIPS
PUT SOME
HAPPY
IN THE
HOLIDAYS

The holiday season should be a time for fun, family and festivities. But the reality is that it can also be a prime time for stress and depression.

Money worries, work pressure and increased family demands can all contribute to the holiday blues, according to the American Psychological Association (APA).

But there's no need to let stress ruin the season. There's plenty you can do to feel better.

The APA offers the following tips to help deal with holiday stress.

Set spending limits.

Don't buy expensive gifts you can't afford. You can show your affection just by making a special gift or buying a less expensive item.

Don't overschedule.

Prioritize invitations, and don't feel that you have to attend every holiday gathering.

Let it go. This might not be the time to confront difficult family members or face stressful family situations.

Take care of

you. Pay attention to your own well-being and needs during the holidays. Make sure you eat right, get enough sleep and take some time to relax.

"If you are feeling overwhelmed, ask for help," says Enrique Olivares, MD, chief of psychiatry at Maryland

Enjoy the holidays by focusing on what matters most to you.

General Hospital. "Don't try to do everything yourself. Accept help from family and friends. But if you still feel overwhelmed by stress, talk to your doctor or a mental health professional."

By taking steps to build up resilience to holiday stress, you can make the most of the holiday season and enjoy it for the special time it is.

To find a behavioral health expert at Maryland General Hospital, call **410-225-8400**.



What to do about the flu

THE FLU is a serious and contagious respiratory illness caused by influenza viruses. This year, we have to protect ourselves from two types of flu—seasonal flu and the 2009 H1N1 (swine) flu.

Know the symptoms

Both the seasonal and 2009 H1N1 flu can cause mild or severe illness. While most people have a mild experience, more severe illness (such as pneumonia and respiratory failure) has been reported. People with chronic medical conditions may have a greater risk of complications from the flu if they get infected.

Symptoms of the seasonal flu and 2009 H1N1 flu are similar and include:

- ▶ Fever
- ▶ Chills
- ▶ Headache
- ▶ Extreme tiredness
- ▶ Cough
- ▶ Sore throat
- ▶ Runny or stuffy nose
- ▶ Body or muscle aches
- ▶ Vomiting and diarrhea

Get vaccinated It is important to note that the seasonal flu vaccine



does not protect against the 2009 H1N1 flu. There is a separate vaccine for the 2009 H1N1 flu. The Centers for Disease Control and Prevention recommends that you get vaccinated for both types of flu—seasonal and 2009 H1N1—as soon as you can.

“The single best way to keep from getting the flu is by getting vaccinated.”

“The single best way to keep from getting the flu is by getting vaccinated,” says Chandralekha Banerjee, MD, chief of infectious disease at Maryland General Hospital.

“We recommend that people talk with their health care provider for more information and to arrange to take the vaccine.”

Preventing the flu

A prescription for staying healthy

It's cold and flu season. Regular handwashing is your first line of defense against getting sick and spreading germs to others, according to the Centers for Disease Control and Prevention. Here are some other everyday actions you can take to protect yourself and your family this winter:

- ▶ Cover your nose and mouth when you cough or sneeze.
- ▶ Wash your hands often with soap and water. Alcohol-based hand cleansers also work well.
- ▶ Avoid close contact with sick people.
- ▶ Avoid touching your eyes, nose or mouth.
- ▶ If you are sick with a flu-like illness, stay home.

Finding a doctor is easy!

Looking for a primary care physician or a specialist?

Maryland General Hospital is your community hospital. We care about you and your family.

Our network of more than 500 physicians offers expert medical care in more than 30 specialties.

Call the Maryland General Physician Referral Line at 410-225-8400 Monday to Friday, 8:30 a.m. to 4:30 p.m., or visit www.marylandgeneral.org

and click on “Find a Doctor.”



The architect's rendering of the finished building

A new facility, a new era of serving our community

Expansion project will enhance high-quality care in a comfortable setting

HARD HATS, construction crews and piles of building materials can only mean one thing—Maryland General Hospital is making some exciting changes to bring the best care to our patients and our community.

We are coming into the home stretch of our first major expansion project in decades. The project, scheduled to be complete in April 2010, includes new facilities that will help us provide a healing environment for our patients in a convenient, comfortable setting.

“Our focus has always been on protecting and improving the health of our community,” says Maryland General President and CEO Sylvia Smith Johnson. “That’s one reason we are all excited about the new facilities. They will help us provide the most advanced and comprehensive care available.

“Of course, outstanding health care is about more than top-notch facilities. It’s about the people of Maryland General who care for each patient with personal attention and understanding, from our outstanding medical staff and the private practice physicians who care for patients here in our community to our nurses, technicians,

and support and administrative staff. I believe that’s what has always made Maryland General the heart of the community and something that will never change.”

Cutting-edge, comfortable and convenient

The largest part of the expansion is focused on new operating rooms and supporting areas. The new facility, which is built onto the existing structure of the hospital, includes:

- ▶ Eight operating rooms with the latest technology
- ▶ An 18-bed intensive care unit (ICU)
- ▶ New preop and post-anesthesia care unit rooms
- ▶ Specially outfitted areas for

“Our focus has always been on protecting and improving the health of our community.”

—Maryland General Hospital President and CEO Sylvia Smith Johnson



Eight state-of-the-art operating rooms will be added during the expansion.



The patient rooms in the new 18-bed ICU are twice the size of those in the existing unit and include ceiling-mounted equipment for better patient access.

performing urinary and digestive tract procedures

- ▶ A dedicated ophthalmology surgical suite
- ▶ An enhanced laboratory and pharmacy
- ▶ Comfortable family waiting rooms

With new operating rooms, we will be able to perform the various types of surgery we currently offer and also have the potential to expand into other areas to offer new services to treat more complex conditions.

“Our new operating room area will bring state-of-the-art care and technology to all our patients,” says Miles Harrison, MD, Maryland General’s division head of general surgery. “All the care you need—from pre-admission testing to recovery and inpatient care—will be available in a centralized, comfortable, convenient location.”

ICU nurse Mariama Diallo, RN, BSN, also feels that the new facility

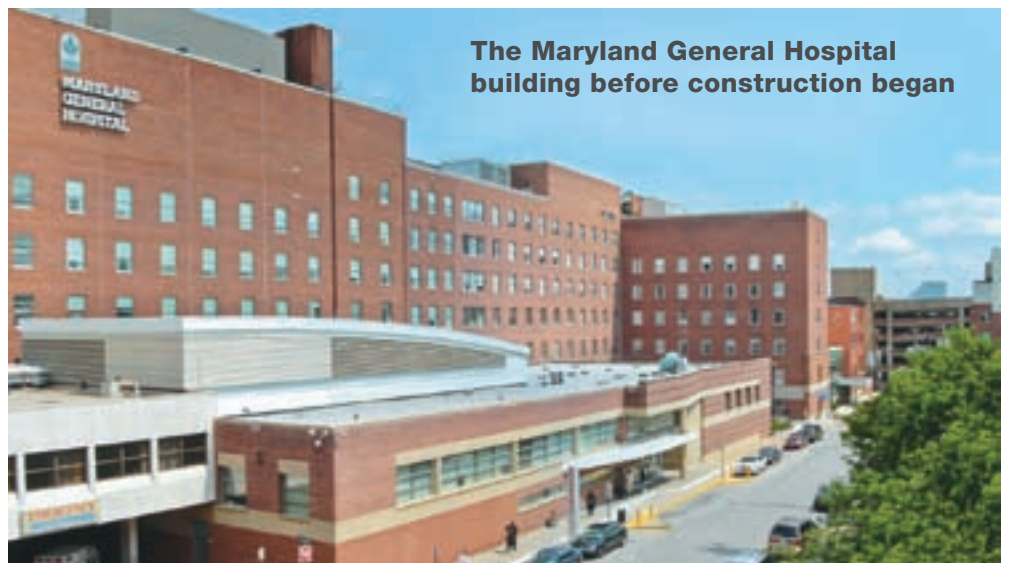
will make getting care at Maryland General an even better experience for patients and their families.

“In the new ICU, all the equipment we need is right in the room,” she says. “That means patients don’t have to be moved around or wait for equipment to be brought to the room. The ICU rooms are also much, much bigger. Family members can comfortably sit in the room

with their loved one, and there’s also a private bathroom for the patient and family to use.”

Surgical Specialty Suite To support our expanded surgical capabilities, we recently opened a new Surgical Specialty Suite, which provides patients with centralized

—Continued on page 6



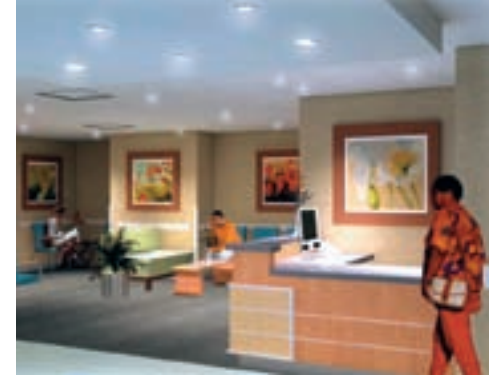
The Maryland General Hospital building before construction began



The post-anesthesia care unit offers a safe place to rest.



The Surgical Specialty Suite provides patients with centralized care and consultation before and after surgical procedures.



Comfortable family waiting rooms offer a place for families to wait while a loved one is in surgery.

New era of serving the community

—Continued from page 5

care and consultations before and after surgical procedures. It is also where our team of surgical specialists can perform minor surgical procedures.

“The Surgical Specialty Suite is part of a total makeover of how we work with patients who need surgical care,” says Michael Lilly, MD, chief of the department of surgery. “You only have to go to one convenient, thoroughly modern and comfortable office for your before and after surgery care. The friendly, caring staff is there to give you and your family the help and support you need as you move through the surgical process.”

The doctors who work in the suite provide care for almost every

part of the body, including:

- ▶ Eyes
 - ▶ Bones, joints and tendons
 - ▶ Ear, nose and throat
 - ▶ Skin
 - ▶ Digestive tract
 - ▶ Urinary tract
- They also offer:
- ▶ Plastic and reconstructive surgery
 - ▶ Breast surgery
 - ▶ Hernia repair

“The new Surgical Specialty Suite is the nicest surgical facility I have worked in during my 33 years of practice,” says William Gray, MD, director of Maryland General’s ear, nose and throat department. “This is truly a first-class facility, and I believe it will draw more surgeons to Maryland General so we will be

able to offer patients an even wider range of specialty care.”

Rolando Alegado, MD, division head of Maryland General’s orthopedic surgery department, feels the same way.

“Maryland General has always provided important services to help keep people healthy, offering diabetes care and education, rehabilitation, care for heart problems and stroke, a range of primary care services, as well as neuroscience services,” he says. “These new facilities will allow us to expand what we offer the patients in our community, bringing the latest surgical options, including minimally invasive joint exams and replacement surgery, in the most modern, convenient setting.”

From the patient’s perspective

‘I would recommend Maryland General in a heartbeat!’

Calvin Holley, a patient who saw orthopedic surgeon Errol Bennett, MD, at the Surgical Specialty Suite for follow-up care after surgery to repair an injured knee, says his whole Maryland General Hospital experience was a positive one.

“I couldn’t imagine how anything could have been

better,” he says. “The office area was very nice. I never had to wait long for my appointment. All the staff people treated me so well in every aspect when I was in the hospital and when I came back for appointments. I would recommend Maryland General to my friends and family in a heartbeat!”

A healthier you can mean a healthier baby

WHEN YOU'RE PREGNANT, a lot of things that you do can have an effect on your baby. That's why it's crucial to take care of yourself and make good decisions about diet, exercise, health care and lifestyle habits.

Prenatal care Pregnant women who see a health care provider regularly have fewer problems during pregnancy and delivery and have healthier babies than women who don't get adequate prenatal care, according to the March of Dimes.

During your prenatal visits, your provider will talk with you about the best ways to give your baby a healthy start in life, answer any questions you

might have, and check to make sure you and your baby are healthy.


"Regular prenatal care is extremely important for the mother and the baby," says Bruce Gneshin, MD, Maryland General Hospital's chief of obstetrics and gynecology (OB/GYN). "In addition to the regular prenatal care provided by our physicians and nurse midwives, we also offer educational support to expectant mothers through a series of classes, which focus on what to expect during each trimester of pregnancy."

Diet Aim to eat a low-fat diet filled with fruits, vegetables, whole grains, protein and calcium-rich foods.

In addition, you should avoid certain types of fish that may contain high levels of mercury, such as shark, swordfish, king mackerel and tilefish. Cook meat, eggs and fish thoroughly.

Exercise Following a regular exercise program during pregnancy may help labor and delivery go more smoothly.

If you were exercising before you became pregnant, it's usually OK to continue. But ask your provider about which exercises are safe for you. If you don't already exercise, start slowly and don't overdo it.

The next step Maryland General Hospital's OB/GYN physicians and nurse midwives provide nurturing care to expectant mothers and their babies. To schedule an appointment for prenatal care, call  **410-225-8991**.

A wellness plan for men

OFTEN, MEN don't take advantage of preventive care; they skip things like checkups and screenings altogether. Men also tend to ignore health problems in their early stages, when they are most treatable.

According to the U.S. Department of Health and Human Services, men are far less likely to make regular visits to a doctor than are women. And many men have been conditioned to ignore pain—even to the point of not seeking medical care when their bodies are saying something is wrong.

First things first Get a primary care physician, who can help ensure that you are screened for serious diseases. Screenings your doctor may recommend

include those for high blood pressure; high cholesterol; diabetes; and cancers of the skin, colon and prostate. Ask your doctor which screenings are right for you and how often you should be tested.

A word about prostate screening



As you get older, you can experience prostate problems—the most challenging being prostate cancer.

Some prostate cancers become a serious threat to health by growing quickly and spreading to other parts of the body. But other prostate cancers grow slowly and never become a serious health threat.

If you are considering being screened for prostate cancer, it's best to first talk about it with your doctor.



Maryland General Hospital's team of board-certified urologists work closely with patients to provide comprehensive urologic patient care. We also offer free prostate screenings in our Community Health Education Center.

 For information about our free prostate screening, call **410-225-2000**. To schedule a consultation with one of our urologists, call Benjamin Opara, MD, at  **410-566-6665**, or Laurence Scipio, MD, at **410-225-8215**.

HEALTH BEAT is published as a community service for patients, neighbors and friends of MARYLAND GENERAL HOSPITAL. The information provided in this publication is intended to inform and educate readers about health-related topics and is not a substitute for consultation with a health care provider.

Sylvia Smith Johnson
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Marian C. Callaway
Director, Marketing and Public Relations

We welcome your questions and comments. Contact us at **410-225-8397** or marketing@marylandgeneral.org.

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Because we care | Community calendar of events

All classes are **free**.

Eye Screening Program

Screenings for glaucoma, diabetic eye disease, cataracts, retinal diseases and diseases of the eyelids. Ages 55 and over. Call **410-225-8223** for dates, times and locations.

Great Expectations

Learn about your journey into motherhood, tour our Obstetrics Center, meet our staff and learn why Maryland General Hospital is the best place to have your baby. Refreshments and a baby shower gift are included. Call **410-225-2000** for dates, time and location.

Pregnancy Tests

**Monday to Friday
8 a.m. to 4:30 p.m.
Community Health
Education Center
821 Eutaw St.,
Suite 107
Call 410-225-2000.**

Prenatal Classes

**10 a.m. to noon
Gatch Conference
Room
827 Linden Ave.
*What to Expect in the
First Trimester***

Tuesdays

▶ Jan. 5

▶ Feb. 2

▶ March 2

***What to Expect in the
Second Trimester***

Fridays

▶ Jan. 8

▶ Feb. 12

▶ March 12

***What to Expect in the
Third Trimester***

▶ Tuesday, Jan. 26

▶ Tuesday, Feb. 23

▶ Friday, March 12

Taught by our nurse midwives. Call **410-225-8991** to register and confirm class dates.

Screenings for Blood Pressure, Cholesterol, Diabetes and Prostate

**Monday to Friday
8 a.m. to 4:30 p.m.
Community Health
Education Center
(CHEC)
821 Eutaw St.,
Suite 107**

CHEC also provides free screenings at health fairs and community-sponsored events throughout Baltimore. Call **410-225-2000** for dates, times and locations.

Vascular Screenings

Call **443-552-2900** for dates, times and locations.

